

Top Tools for Tapping into Your Intuition

From Donna at Onederous Tribe



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for Tapping into
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There is any number of ways to go about tapping into your intuition and to use your intuition to better guide you through your life choices and along your life path. You can certainly spend time meditating, and that is always a great way to cultivate your own intuition, but for some people that can really take time before they feel a substantial increase to their intuitive powers.

I always encourage meditation (and meditation takes many forms), but if you want a quicker path to tapping into your intuition, you can always use one or more of the tools below to make it easier for you!

Most of these tools can easily be found at a local metaphysical shop or online. Many can be picked up in kits that give you some explanation as to how to use them. You may also like to take specific courses or trainings to become really efficient and effective at using them!

- 1. The Pendulum:** The pendulum uses your own body as a way to tap into your intuition, as it is a subtle form of muscle testing. You can use a pendulum to easily get yes or no answers, and, through the use of charts, you can use it to get answers to more complex questions. The keys to accurate pendulum use are intention and connection with your higher self. Once you get the hang of it, the pendulum can be a really simple and easy way to tap into your intuitive self!
- 2. Tarot Cards:** The Tarot has been used for centuries as a profound tool for bringing up and reading intuitive messages from your subconscious and your Spirit Guides. A typical Tarot deck has 78 cards – the Major and Minor Arcana are the two categories the cards fall into, and one typically uses these cards in what is known as a “spread,” or a specific way of picking and laying the cards out on the table to form a message. Tarot uses patterns, imagery, symbolism, numerology, and even historical context to form messages that tell a story from your intuitive guidance. Tarot can feel very overwhelming to learn, and there are many schools of thought on using this tool for guidance. However, from my experience, it can be very powerful, and less difficult than you might think, if you learn to read it from an intuitive perspective, as opposed to using a specific method or system of meanings.
- 3. Runes:** Runes are an Old Norse divination/oracle tool. This tool basically consists of a set of stones with symbols carved into them. The symbols each have a specific meaning, read upright and read upside down. There are typically 24 stones in a set of Runes with symbols carved into them, and often there is one blank stone included in the set, with its own meaning. There are basic meanings attached to each symbol, and you can use those meanings as a way to bring up messages from your intuition, by blindly picking a stone out of a bag and then reading the symbol. There are different people who have studied this ancient oracle and there are books written on them, including meditations and expanded meanings for each of the symbols. Whether you use only the basic

meanings of each symbol, or you work with a specific author's expanded meanings, the Runes can be a great way to tap into your intuition.

- 4. Oracle Cards:** There are literally hundreds of oracle card decks on the market these days. These are card decks with many different kinds of images or symbols on them. They usually center around a theme or a concept, and usually come with a book or booklet that describes the meaning of each card. This can be one of the handiest and simplest ways to start tapping into your intuition, as you can use a deck that feels good to you and start by just asking simple questions and pulling a card for each question. Popular decks come from Doreen Virtue, Colette Baron-Reid, Louise Hay, amongst others. Common themes of these decks may be angels, animal guides, affirmations, etc. My advice is to find one that is visually appealing to you from an author you trust. Then start by pulling one card everyday with the question "what do I need to know most today? Then read the description of the card and see how it fits into your day.
- 5. Scrying or Gazing:** This method uses a mirror or crystal ball, or sometimes a bowl of water for the person to stare or gaze into to get images and messages. This method is actually a form of concentrated meditation, and when used well, it can be extremely powerful. This method of tapping into your intuition is often a bit quicker than other types of meditation, but still takes practice and concentration before one becomes really good at using it.
- 6. Other tools:** There are many other tools you can use, some can be bought and others are practices that a person just begins to cultivate. Some people like to do what is known as "automatic writing" where they get into a meditative state and just start writing – allowing themselves to intuitively write down messages. I've known of many people who use ordinary books or newspapers to give them intuitive messages. They simply ask a question and then open up the nearest book and start reading and decipher their messages that way.

The most important thing about any divination tool is to remember that it is just a way to tap into your own intuitive knowledge, and that the power does not lie in the tool itself. Always set the intention that the messages you receive will be in the highest and best good for all involved. Once you get the message, the next step is to start trusting them! You can track your messages for a while and you'll begin to see just how accurate your intuition really can be!

Onederous Tribe offers courses and meditations that can help you quickly learn to tap into your own intuition and use the messages you find there in your everyday life!

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